



# ANOUCHKA BLESSED

... I'M NOT MY NAME

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An emotional being, intuitively inspired, divinely driven, with a highly positive attitude. Focused on helping others find balance through yoga psychology, spirituality and alternative therapies

... I'M NOT THE SKIN ON THE OUTSIDE; I'M NOT MY PRETTY FACE NOR MY SLIM BODY

## CONTACT & PERSONAL DETAILS

- Email: [anouchkablessed@yahoo.com](mailto:anouchkablessed@yahoo.com)
- Date of birth: 26 February 1979

... **YEAH, OVER 40 ... I'M NOT MY AGE!**

- Citizenship: French nationality. African descent. Citizen of the world

... **I'M NOT MY NATIONALITY**

## LANGUAGES

- French (native)
- English (fluent)
- Spanish (intermediate)
- Hindi (beginner)
- Chinese (beginner - HSK 2 level)

... **I'M NOT MY CULTURE**

## LIFE EXPERIENCE

- Toxic relationship
- Breakups
- Ex-swinger
- Redundancies
- Over 10 years of solitude

... **I'M NOT MY PAST MISTAKES  
NOR ANYTHING THAT CAUSED ME PAIN**

## AUTHOR

"Le Crepuscule d'un nouveau monde" - Memoir, self-published on Amazon, 2016

... **I'M NOT MY ACHIEVEMENT**

## INTERESTING FACTS

- Traveler. 35 countries visited
- Lived in 5 countries - Togo, France, Singapore, India and Spain
- Salsa lover. Went to Cuba to learn Cuban salsa
- Won 2 trips (while living in Singapore): a 10-Day cruise on a yacht in Borneo, 2012; a week-end in Amsterdam, 2014
- Received the blessings of the reincarnation of a Buddhist lama in Dharamsala, 2017

## YOGA AND ALTERNATIVE THERAPIES

### Yoga and Ayurveda

- Certificate 900H advanced Yoga Teacher Training from the Yoga Institute, Mumbai, India - 05/2019
- Certificate in Ayurveda & nutrition practical course from Prana Academy Healthcare Center, Mumbai, India - 01/2019
- Certificate 500H Yoga Teacher Training from Wise Living Yoga, Chiang Mai, Thailand - 12/2017
- Certificate 200H Yoga Teacher Training from Tah Groen, San Diego, USA - 10/2016

### Psychology and Alternative Therapies

- Certificate in Family Constellation from Unbound Ra, Mumbai, India - 01/2024
- Certificates in Breathwork, level 1 & 2 from Kristine Almi - 03/2024
- Certificate in Gestalt Therapy, from Anil Thomas, Mumbai, India - 08/2022 & 12/2022
- Certificate in Hypnotherapy from EKAA (5 levels), Mumbai, India - 02/2020
- Certificate in Kinergetics, Mumbai, India - 11/2019
- Certificate in Neuro-Linguistic Programming (Master Practitioner) from Anil Thomas, Mumbai, India - 09/2019 & 05/2022
- Certificate in Yoga Counselling (psychology applied to Yoga) from the Yoga Institute, Mumbai, India - 3 levels, from 02/2018 till 12/2018
- Certificate in Transactional Analysis, basic course from the ICTA, Mumbai, India - 04/2018

... **I'M NOT MY CERTIFICATES**

## FORMER BACKGROUND

- Business owner, Wabi Sabi Living (consignment store for second hand furniture)
- Legal counsel for various companies (Capgemini, Volkswagen, Singapore SportsHub etc.),
- Lawyer, Paris (2007-2010)

... **I'M NOT MY PROFESSION**

## EDUCATION

- Qualified Lawyers Transfer Test (QLTT) - UK Solicitor, College of Law, England and Wales, 08/2012
- Bar School - Admitted to Paris Bar, 2007
- Master in Business Law, University, Paris, 2003
- Master in Business Law & Management, ESG School of Management, Paris, 2003

... **I'M NOT MY EDUCATION**

... **I AM THE GOD ON THE INSIDE ... AND SO ARE YOU!**